

Physical Education Curriculum Kindergarten

Taught	Unit	TEKS/SE and Alignment Objectives
First 6 Weeks On going throughout the year	Safety practices and procedures	<p>K.1A travel in different ways in a large group without bumping into others or falling</p> <p>K.1B demonstrate clear contrasts between slow and fast movement when traveling</p> <p>K.5A use equipment and space properly</p> <p>K.5B know and apply safely practices associated with physical activity such as not pushing in line and drinking water during activity</p> <p>K.5C explain how proper shoes and clothing promotes safe play and prevent injury</p> <p>K.5E explain appropriate reactions during emergencies in physical activities</p>
	Physical activity and health	K.3A describe and select physical activities that provide opportunities for enjoyment and challenge

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First 6 Weeks On going throughout the year	Physical activity and health	K.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration
	Social development	<p>K.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk</p> <p>K.6A respond appropriately to starting and stopping signals</p> <p>K.6B demonstrate the ability to play within boundaries during games and activities</p> <p>K.7A follow rules, procedures, and safe practices</p> <p>K.7B work in a group setting in cooperation with others</p> <p>K.7C share space and equipment with others</p>

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Second 6 Weeks On going throughout the year	Locomotor skills	K.1A travel in different ways in a large group without bumping into others or falling
		K.1B demonstrate clear contrasts between slow and fast movement when traveling
	Balance	K.1D maintain balance while bearing weight on a variety of body parts
		K.1E walk forward and sideways the length of a beam without falling
	Physical activity and health	K.3E describe the benefits from involvement in daily physical activity such as feel better and sleep better
		K.4A observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration

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Third 6 Weeks On going throughout the year	Non-locomotor skills	K.1C demonstrate non-locomotor (axial) movements such as bend and stretch
	Movement	K.2B demonstrate clear contrasts between slow and fast movement when traveling
	Physical activity and health	K.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping K.4B locate the lungs and explain their purpose
Fourth 6 Weeks On going throughout the year	Safety practice	K.5D explain appropriate water safety rules such as never swim alone, never run around pools, look before you jump, enter feet first, and know the role of the lifeguard
	Movement skills	K.1B demonstrate clear contrasts between slow and fast movement when traveling

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Fifth 6 Weeks On going throughout the year	Physical activity and health	K.4C state that rest and sleep are important in caring for the body
	Safety practice	K.5A use equipment and space properly
	Movement skills	K.1F demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of
Sixth 6 Weeks	Physical activity and health	K.3E describe the benefits from involvement in daily physical activity such as feel better and sleep better
	Movement skills	K.1G roll sideways (right or left) without hesitating K.1H toss a ball and catch it before it bounces twice
	Physical activity and health	K.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk